

## How One Minister Feels About It



I am a little red seal. I am stamped on letters and packages at Christmas time. I carry the Christmas spirit of goodwill. I go as a gift to the cause of Mankind. Just as the Christ Child came as a gift to a world in trouble, so I go as a gift for folk who are suffering. And I have the satisfaction of knowing I am helping people. Tuberculosis is preventable and generally curable. In 1910 the death rate in Michigan was 97.6. So you see I am helping and winning. I am only a little red seal, but I am in big business. I like to have old folk as my partners and I am mightily tickled to have children. So buy me—everybody! Use me! Send me! And here's to the happiest Christmas you ever have known!

"Inasmuch"

EDWIN W. BISHOP,  
Pastor Plymouth Church,  
Lansing, Mich.

## Samuel Gompers Says—

I am very glad to express my own personal interest in and endorsement of the fourteenth annual Christmas Seal Sale to be held in December of this year. I sincerely hope that this annual event will result not only in a much wider extension of the educational message of the National Tuberculosis Association and its affiliated agencies than has been possible heretofore, but that it will bring to your organization a sufficient revenue with which to carry on their life-saving work during the year 1922.

I am mindful of the tremendous toll that tuberculosis takes among working men and working women. So long as this disease takes at least one out of every six deaths from the ranks of workers in this country, so long will the American Federation of Labor stand shoulder to shoulder with the national, state and local tuberculosis associations of the country in their efforts to suppress this deadly plague.

With sincere appreciation of the work that you are doing, I am  
Very truly yours,  
(Signed) SAMUEL GOMPERS,  
President, American Federation  
of Labor.

## "Rejected"

By Leo P. Cook.

On an early summer day of 1918 the Michigan College of Mines was receiving recruits for its special training course for soldiers. They had been sent in by draft boards from various parts of the upper peninsula. As a reporter I was on hand to size up the new men and to pick up such human interest news as might serve to dress up the routine stuff of the day.

Out from the medical examiner's office came a big young fellow. He was better than six feet tall and he probably weighed 180. He picked his suitcase out from among a collection in the hall and started away from the building, headed out of the campus, in palpable dejection. He looked like human interest stuff and, with the genial effrontery that a reporter knows how to get away with after a few years of practice, I accosted him.

To put it bluntly the youth had been declined by his country in need because he had TB. He was tuberculous, a consumptive.

Up to that moment I had rather entertained the idea, at least for some years, that it was nothing short of criminal for a man to permit himself to become a tuberculosis victim, and especially in Houghton county. Had he not written literally hundreds of columns of educational matter on the Great White Plague? We had preached the open window, and clean living, and outdoor air and good food, and here was a great, husky chap, splendid material for a soldier, who was going home, maybe to die.

He typified to me the necessity for eternal vigilance, for persistent, untiring perseverance in the work against the plague. And that is why the state and country associations must be maintained at their fullest capacity and their highest efficiency, not for a time but forever more.

And he is but one of legion, and I want to do my little share in preventing such tragedies by making the organized fight against tuberculosis a vigorous one in every county in the state. Some of us cannot engage in that work actively, but all of us can help it by pushing the Christmas seal sale at Christmas time. The seals are the ammunition in the battle against this disease and we can all help to provide more ammunition by buying seals ourselves and encouraging others to buy.



Ann Arbor Working Girls' Club Sending Out Christmas Seal Packages

## A Contrast

(All Figures Prepared by Bureau of Vital Statistics, State Dept. of Health)

IN THE YEAR of our Lord

1910

SOME PEOPLE in Michigan BOUGHT CHRISTMAS seals to fight

TUBERCULOSIS and

FROM THAT day to this

THAT FIGHT has been on

AND SINCE 1910

MORE people have bought

CHRISTMAS seals so more

FIGHTING could be done

UNTIL TO-day the death-rate

FROM TUBERCULOSIS is

OUR GOOD state 46 way down

TO 79.8

IN SPITE OF increase in pop.

AS COMPARED with the rate

97.6

WHEN THE first seal was sold

AND THAT is what was.

THIS IS WHAT MIGHT HAVE BEEN

(All Figures Prepared by Bureau of Vital Statistics, State Dept. of Health)

IF there had been no seal

OR MICHIGAN'S good people

HAD NOT bought so generously

TO HELP furnish the sinews

OF THIS WAR it is safe

TO BELIEVE the death-rate

OF TO-day would be the same as

OR GREATER than the rate

OF 1910

AND IF it had remained as 1910

1920 WOULD have seen

585 MORE Michigan funerals

AND TUBERCULOSIS would

BE THE GRINNING gainer

BUT SINCE 1910

2310

LIVES HAVE been saved in our state

FROM T. B. alone

AND YOUR pennies helped do it

AND THOSE LIVES are throbbing

LIVING loving humans

LET'S SAVE a lot more

DIG IN FRIEND DIG IN.

With Apologies to K. C. B.

and L. F. B.

Be a "Fresh-Air Crank"

To avoid tuberculosis keep strong and healthy. Be a "fresh air crank." Insist on pure air day and night, summer and winter, in your homes, workshops, office, school rooms, street cars, theaters, and every other enclosure in which you must spend part of your time. Avoid unventilated, over-heated, crowded enclosures. These are incubators for tuberculosis germs. Avoid dusty places. Dry sweeping and dry dusting are dangerous practices. Before moving into a new house have it thoroughly aired, cleaned and washed; the former occupant may have been a consumptive. Never put pencils, coins, or other things commonly handled by other persons in your mouth. Sunshine and fresh air are the greatest enemies of tuberculosis. — "Public Health."

Don't Worry  
Do not forget the mental condition of the tuberculous patient. Worry, no matter what the cause may be, and homesickness are retarding factors. They simply must not be. Keep away all mental disturbances if possible, and it is usually possible. Too much company, too many relatives, someone on the premises nagging, the worry over money and many other annoyances can and should be obliterated. No homesick patient ever recovers. Sending patients away is often unjustifiable. Only those should be sent away who can go and remain long enough to be cured, if curable, without any worries regarding finance. He should not be sent away alone to a new community where no one cares for him except to get his money, and where there is every inducement to become lonesome and homesick. Peace of mind is as necessary as a quiet body. — "Public Health."

Christmas Seal Your Christmas Mail.

## Christmas Seals Save Babies



Behold here ranged on the Double Red Cross a group of "one hundred percent" babies. Every one of these tots is fat and healthy. Their smiles alone would tell you that they don't know what illness is. They never have been ill and they have a mighty good chance to grow up into strong men and women. To help make and keep all babies in Michigan like this group is one of the aims of the Michigan Tuberculosis Association. The Christmas seal will help to do this.

## THE WHITE DEATH

By A. P. JOHNSON, Publisher of the Grand Rapids News

When, along with war, the world has rid itself of tuberculosis, we will near the millennium. We will then have eliminated more than half of all the suffering that exists. It is safe to say that when we stamp out tuberculosis we will free man's mind of many of the abnormalities that make for war, for poverty, for social and economic depression.

I shall not go into figures. They are too staggering. Let it suffice that only a few, a very few, go through life without scarred lungs. Only a few escape at least a touch of the germ that heralds the "white death." So universal is this disorder that within two generations of nearly every family it claims one or a number. Tuberculosis is man's bitterest opponent, his most uncompromising antagonist, his deadliest foe.

Tuberculosis is distinctly a product of civilization. It does not inhere in the natural organic life. It's a cowardly disease that attacks the oppressed, the depressed, the weak, the unsuspecting. It follows usually in the path of other disorders brought about by exposure or carelessness. The carrier waits for its prey to die. Other carnivorous animals, in proportion to their strength and bravery, or as they may be pressed by hunger, meet their prey in struggle. Not so with tuberculosis. It seeks its victim after the struggle from which the sufferer may have survived.

Nothing yields with greater readiness to any form of opposition than cowardice. That is one reason why tuberculosis can be exterminated. It is the great human disorder that we know can be stopped. Tuberculosis fears the air, the sunlight. It shuns kindness, care and attention. Like the creeping, crawling things that dwell under stones and scrub and revel in dark, dank places, it scurries off and burrows itself elsewhere when the stone is turned and the sun's bright rays penetrate the gloom. To be cured of tuberculosis requires less medicine than is necessary to banish the simplest stomach ache. What is required is air, sunlight and rest. Knowing this, what would you not do to provide these rich gifts in their utmost abundance for those upon whose cheek is stamped the shadow of the white death?

And suppose that effort consisted mostly of buying a stamp such as you place upon a letter. Suppose you were assured that the letters you send out around Christmas time carrying good will to men could also for the price of a stamp, be the means of carrying life to those who are threatened by, or afflicted with this plague, how long would it take you to provide yourself with a sufficient number of such stamps to cover your correspondence? Be assured of the truth of this. If you can afford to pay only for a day of sunlight, care and rest, for a tuberculous ex-serviceman, you are not only a patriot and a humanitarian but you are living up to the fullest ex-

## Why I Buy Christmas Seals And Why You Should Buy Them

By WILL ROSS

When I see Christmas Seals on sale in the drug stores and department stores and sold by smiling young women in the postoffice lobbies, or when little school children importune me to buy them, I do not think of these brightly colored little seals as simply strips of gaudy paper. To me they are smiling, bright, active little individuals, each one of them filled with one cent's worth of ability to help drive out this scourge of tuberculosis.

Perhaps tuberculosis means more to me than it does to you. Perhaps it does, for I have had it, and I know what it means to be shut up for weeks and months, into the years, fighting this disease that only time, rest, good food, fresh air, and persistence can hope to beat.

And I buy Christmas Seals gladly—up to the limit of my ability. Perhaps I even stretch this ability a bit. For to me each one of these seals brings up visions of well equipped tuberculosis sanatoria where those with tuberculosis are given a fighting chance to get well; of visiting nurses going into homes to relieve those already afflicted and to protect the well against the dangers of contracting the disease; of open air schools where little children are building up a resistance against disease before disease has had its chance to fasten upon them; of day camps, of free dispensaries, of books teaching the lessons of right living, of free clinics—of a hundred and one things that are being done to free the world from tuberculosis.

And if I were you I would buy Christmas seals, whether or not I or any of my family have had tuberculosis. For I would want to do my share in stopping the onward drive of tuberculosis. I would be willing to pay every cent that I could afford, to safeguard the future of those I love, for I know, as you know, that no one of us can foresee when he or she must face this disease which is all about us.

So you and I this Christmas should buy Christmas Seals for every letter and package that we send out. And as we send them on their mission of Christmas cheer, think of them as having a larger, finer mission—that of making the world a safer, cheerfuller world to live in.

## How the Christmas Seal Originated

The Christmas Seal is now almost as familiar as Christmas itself, and it is hard to imagine a time when the seal was not in existence. But the seal is only celebrating its fourteenth birthday this year. Miss Emily P. Bissell of Delaware was the originator of the idea in this country and it was due to her energy that it took such strong hold from the first. She obtained her idea from article by Jacob Rils in which he described the use of a little seal in Denmark to secure funds for a hospital there.

Miss Bissell, in October, 1907, proposed to the Delaware Red Cross to put a similar seal on sale, but it was not until after she had secured a pledge of \$40 from friends to back up the project, that the now familiar Christmas stickers were placed on sale.

Miss Bissell secured the support of Philadelphia stores, the managers of which were very skeptical at first. But the idea caught on from the first. Let Miss Bissell tell the story in her own words:

"Our utmost hope had been to sell 50,000 seals, and this was all we had ordered. In consequence of having placed such a small order, we were not able to get successive printings quickly enough to fill the demand; but

## Mrs. Alvord Says—



MRS. W. R. ALVORD,

President Michigan State Federation of Women's Clubs

"The organized women of the state are back of the Christmas seal sale to the last man—if I may be allowed that expression," said Mrs. Wm. R. Alvord, president of the State Federation of Women's Clubs. "In very many of the cities in the state the Woman's Club is in charge of the seal sale each year, and wherever there is a woman's club it is invariably in sympathy with the efforts that are being made through the annual seal sale to stamp out tuberculosis in Michigan."

"The women of Michigan have always taken an active part in all health work in the state, and I am certain that they will do all in their power to make the seal sale of 1921 the most successful in the state's history. The State Federation is heartily with the Michigan Tuberculosis association in its work."

The Modern Health Crusade has found its way into twenty-five of the eighty-three counties at this date, before the year is over it is hoped that every county will be represented. In many of these counties the nurse or some member of the tuberculosis organization is carrying on the work while in others the teachers are doing it themselves.

altogether we had printed and sold about 400,000. In Wanamaker's alone, where the advertising expert had assured me none could be sold, 60,000 seals were taken up by the buyers, of whom many were from other points than Delaware. We also sold many seals in the corridor of the Philadelphia post-office.

"With \$1,000 of the money raised by the first Red Cross seal sale the Delaware Red Cross paid the first installment on the site of the first tuberculosis sanatorium in Delaware, Hope Farm."

"By this time, the interest of the whole state was aroused, and in the next legislature the Red Cross backed a bill for a State Tuberculosis Commission, with an appropriation of \$20,000 a year, and put it through both houses unanimously, this being the start of the permanent tuberculosis work in our state."

From such small beginning has grown the tremendous volume of seals sold each year in every state in the Union, so that they are printed in lots of hundreds of millions each fall by the National Tuberculosis association. It is the little seal, which had such a humble origin only fourteen years ago that today practically finances the whole tuberculosis campaign in America.

## Michigan's Seal Sale Committee for 1921

Like so many other tuberculosis workers, the members of the seal committee are doing their work without remuneration. For months past, beginning long before the seal sale opened, they have been giving time and attention to shaping the plans for the big annual sale. Mr. Wooden, the chairman, is a business man in Battle Creek, but in addition to his private business he is one of the most active tuberculosis workers in Michigan. Mrs. Mautner's home is in Saginaw, and she not only takes a deep interest in the tuberculosis fight in that

to a considerable extent to this committee, as well as to other volunteer workers all over the state.



MRS. L. L. MAUTNER, Saginaw



JULIUS H. AMBERG, Grand Rapids

city but the whole state receives the benefit of her talents along this line. Mr. Amberg is a Grand Rapids banker and a man who gives much of his time to the community interests of his home city. But he illustrates the adage that if you want to have a piece of work done apply to a busy man. That is one of the reasons why the Michigan Tuberculosis association asked him to serve as a member of the seal sale committee.

If the seal sale is a success this year (and there is every reason to believe that it will be), it will be due



W. R. WOODEN, Chairman Battle Creek